

# NUTRITION

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## **Nutrition: Reducing Your LDL and Risk for Heart Disease**

In order to keep your LDL and your risk for heart disease low, you should have a diet low in fat. You can develop an eating plan that the whole family can enjoy. It is important to consult your family physician when developing an eating plan especially if you or someone has been diagnose with an illness or disease, are on medications or have young children. Below are basic tips to try if you would like to reduce your LDL and risk for heart disease. It is important to remember that diet alone is not the answer to reducing your LDL and risk for heart disease. Prevention Partners encourages participation in physical activity for at least 30 minutes of moderate activity five days per week or 20 minutes of vigorous activity three times per week.

### **Choose foods low in saturated fats**

Saturated fat raises your LDL "bad" cholesterol level more than anything else you eat. It is found in greatest amounts in foods from animals, such as fatty cuts of meat, poultry with the skin, whole-milk dairy products and in tropical oils like coconut, palm kernel and palm oils. Most other vegetable oils are low in saturated fats. Only eight to ten percent of day's total calories should come from saturated fats

### **Choose a diet moderate in total fat**

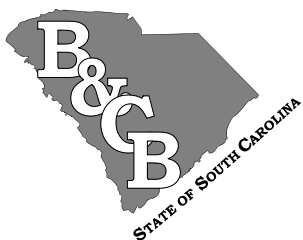
Since many foods high in total fat are also high in saturated fat, a diet moderate in total fat may help you to eat less saturated fat. Any type of fat is a rich source of calories, so a diet moderate in fat may also help you eat fewer calories, which will help you maintain a healthy weight and lower your blood cholesterol level. Most people should aim to get 30 percent or less of their total daily calories from fat.

### **Choose foods low in cholesterol**

Dietary cholesterol also can raise your blood cholesterol level, although usually not as much as saturated fat. So it is important to choose foods low in dietary cholesterol. Dietary cholesterol is found only in foods that come from animals including eggs. Many of these foods are also high in saturated fat. Foods from plant sources do not have cholesterol but can contain saturated fat.

### **Examining Sodium Intake**

If you have high blood pressure as well as high blood cholesterol (and many people do), your doctor may tell you to cut down on sodium or salt. As long as you are working on getting your blood cholesterol number down, this is a good time to work on your blood pressure, too. Try to limit your sodium intake to no more than 2,400 milligrams a day.



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